

Basic Information

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Summary of Content

Subject and Aims	General Report and Appointments by the Church
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A. GENERAL REPORT

1. Overview

- 1.1 By the time that Conference meets the outcome of the 2010 General Election will be known. What will also be apparent is the extent to which any kind of consensus regarding the future of support for older people has emerged. For many years headlines concerning the ever growing numbers of older people within contemporary society have been accompanied by an almost total lack of ideas and answers as to how such a situation might be addressed. However, following the publication in June 2009 of the long awaited Green Paper on long-term care funding, the issues have suddenly become the stuff of public debate, and while some have bemoaned the sight of the support and care of older people becoming a political football, MHA welcomes the opportunity to address what will undoubtedly be one of the major societal issues of the 21st century.
- 1.2 Over the next 20 years, the number of people aged 85 and over is projected to increase by 75% compared to a 10% growth in the overall population. At the same time figures from the Alzheimer's Society predict a rise in the number of people living with some form of Dementia from the current figure of 700,000 to around 1.8 million by 2050. In a 2009 survey by the Commission for Social Care Inspection, it is claimed that over 40% of residents in care homes have particular needs as a result of dementia and over 84% of care homes have at least one resident with dementia.
- 1.3 The Green Paper, *Shaping the Future of Care Together*, made it clear that the current system for adult social care is not fit for purpose and that without further action there will be a funding gap of £6bn. It proposed the establishment of a National Care Service which is fair, simple and affordable for all, to meet the increased care needs and costs of more older people. Three proposals for funding such a national care service were put forward with the suggestion that the preferred option would be a partnership approach whereby the Government and the individual share the cost with the Government providing between one-quarter and one-third of the costs of care and more for those on low income. More recently, a report from the King's Fund, which updates its 2006 review chaired by Sir Derek Wanless, agrees that the partnership model is the fairest way of funding social care but argues that the state should guarantee to pay half of everyone's care costs, with matched funding for individual contributions to encourage people to save for their old age.
- 1.4 Another aspect of social care policy which has received considerable coverage in the media is the national Personalisation agenda. This aims to give more say to individuals and their families by enabling them to become their own commissioners of care and support through the setting of personal budgets. This should also have the effect of those providing services offering a wider choice and operating on more of a retail model instead of the block contract approach. Personalisation has always been at the heart of MHA's service, evidenced by our commitment to person-centred care, social care, quality catering provision and maximising choice and dignity, particularly in end of life care.
- 1.5 MHA operates within a highly regulated and competitive sector but one which the preceding paragraphs indicate will play an increasingly significant part in many people's lives. Within that sector, MHA is one of the top ten largest providers of care homes in the UK and the third largest not-for-profit provider. At 31st March 2010, we provide services to over 3,000 older people in more than 70 care homes. In addition to this MHA is one of a number of specialist providers of housing for older people, with around 50 housing schemes offering self-contained apartments which facilitate supported independent living for nearly 1500 older people. We deliver purpose-

built accommodation with support and, to increasing numbers of older people, 24-hour specialist care.

1.6 External and internal assessment of MHA's services continues to underline the extent to which we are continuing to achieve high standards for older people. Our reputation and standing within the sector continues to grow, and this report highlights both the achievements of the past year and our exciting and challenging plans for future years.

2. New Services

2.1 We have continued to operate within a challenging economic environment, but although this has meant delaying some projects which are more dependent on the state of the housing market, we have nevertheless been able to extend and develop the range of services offered by MHA.

- Anjulita Court, a purpose built 62-bed residential and dementia care home on a new estate in Bedford, opened in late summer 2009. Planning permission has been granted to develop housing with care apartments next to the home, building is underway and completion is due in August 2010.
- Homewood, a new 50-bed care home in Leamington Spa was completed in March 2010. This will replace the existing home (also called Homewood) which has served MHA for almost 60 years and will offer dementia care in addition to residential care.
- Adlington House, a housing-with-care development in Rhos-on-Sea opened in October 2009. This offers 51 apartments for sale and was developed in partnership with Gladman's.
- Heald Farm Court in Newton-le-Willows, St Helens is a joint development between MHA, St Helens Council and Helena Housing which opened in October 2009. It comprises 89 apartments offering housing with care together with 65 bungalows with some properties being for sale, some for rent and some in shared ownership.
- Grants from the Department of Health and the Housing and Communities Agency have enabled us to begin a new housing with care scheme in South Leeds. In partnership with Leeds City Council we are developing 45 apartments for rent with the intention of creating a multi-faith community for older people.

3. Developing Existing Services

3.1 Alongside the new developments, we have continued to invest considerable resources in renewing and extending our existing care homes and housing facilities. Where this has not proved possible within the existing building we have looked to redevelop either on the existing site or nearby.

- Bradbury Grange is a new care home, built on the site of the Granary in Whitstable, Kent. Completed in March 2010, this home offers residential, nursing and dementia care to 50 older people and has allowed us to close Cliff Dene which has served MHA since 1946.
- Work has begun on the redevelopment of Alexandra House in Dovercourt, Essex, and is due for completion during 2011. The redevelopment will see an increase in the number of residents and the provision of nursing and dementia care services.
- Westbury Grange in Newport Pagnell, Buckinghamshire is the result of redeveloping and adding a dementia care wing to Paganell Grange which we purchased from Extra Care Charitable Trust in 2009. We have now demolished the old Westbury care home, on the adjacent site, and this is being redeveloped to provide 50 apartments offering housing with care for sale to older people.
- A major programme of refurbishment has been carried out at Starr Hills in Lytham St Annes. This is another long-standing MHA home where the building pre-dates its life as a care home. As well as redecoration and recarpetting, all of the residential rooms have been upgraded with improved access and often increasing their size. A similar programme is planned in the coming year at Cromwell House, Norwich.
- A major capital appeal has been launched in London to help with the necessary

redevelopments at the four care homes which were acquired from Willow Homes in 2007. Work at Lawnfield House, David's House and Riverview Lodge is almost complete, but the major redevelopment at Kenbrook in Wembley Park will not be finished until 2012.

- Work has begun at Auchlochan on the creation of a new village centre which will comprise of a renewed reception area as well as new retail, leisure and restaurant facilities. These are due to be completed in 2011. We have also started work on completing the next phase of The Retreat which was left partially complete before MHA acquired Auchlochan.
- Following consultation with residents and relatives we have continued with a programme of adding care and other services to some of our existing housing schemes. To date the schemes at Penrith, Bath, Wisbech, Sheffield, Newcastle-upon-Tyne and Nuneaton have agreed to go ahead and this has required some development of the buildings in each case. Further consultations are planned at other schemes during the coming year.
- A review of the limited service we were able to offer to our four small housing schemes in Devon led to a decision to explore alternative provision. An agreement in principle with South Devon Rural Housing Association led to a consultation with staff and residents which gave unanimous approval to a recommendation that the schemes be transferred. This was completed in April 2010 and a service of thanksgiving held to mark the transfer.
- Although much of our work takes place in residential communities, the largest single group of older people served by MHA are members of the 44 Live at Home Schemes. These continue to develop services which are designed to help their members remain as independent and active as possible, offering friendship and support to ward off isolation and loneliness. Much of this work continues to be carried out in partnership both with local authorities and local churches, and would not be possible without the commitment of countless volunteers.
- Recruiting and training quality staff, who share and demonstrate the values of MHA, remains a key to our success. We have continued to invest significantly in staff training, both that which is mandatory and that which develops individuals, and we believe this has contributed significantly to a reduction in staff turnover. We have extended the induction for new care staff and around 66% of care staff in care homes have now achieved NVQ level 2 or above with another 270 staff currently pursuing this qualification.
- Supporting the spiritual needs of older people remains at the heart of MHA's work, and the role of our chaplains continues to grow and develop. 56 care homes and 19 housing with care schemes are now supported by chaplains employed by MHA. The contribution of chaplains is valued by residents and staff alike, and is also acknowledged by external inspectors as making a significant impact on the life of MHA's communities.
- MHA's approach to spirituality is broader than a purely religious view. Our staff get to know each person, their story and family, life experiences and interests. We believe that spiritual well-being is achieved by nurturing the human spirit: through relationships and positive experiences – be they with God, family and friends, animals, nature, music, art or other creative activities.
- To this end we have continued to develop and explore innovative ways of supporting the wider spiritual needs of older people, partly through enhancing the programme of activities, both for individuals and for groups, and also through introducing various therapies for residents, including training staff to offer reflexology and massage, thus promoting relaxation. A recent initiative in some of our dementia care homes has been the introduction of a professional music therapist, and the early indications are that this is proving extremely beneficial to those involved.
- MHA continues to explore ways of offering meaningful end of life care to our residents and to support their families. "The Final Lap" training programme for care staff remains at the heart of this, and is part of induction training for all staff in our care homes and housing with care schemes.

4. MHA and the Churches

4.1 Last year MHA published *Crying in the Wilderness: Giving Voice to Older People in the Church*. Written by Albert Jewell and Graham Hawley, both Supernumerary Ministers, and based on their academic research and practical experience, the book has offered many churches an opportunity to explore the ways in which older people can be supported and encouraged to exercise their gifts.

4.2 MHA's origins lie within the Methodist Church and, while we are an independent charity the majority of whose income now comes from fees charged for our services, nevertheless the relationship with the Church remains vital and valuable both for MHA and for the Church. MHA once again expresses thanks through the Methodist Conference for the support that we receive, and our hope and prayer is that as our work continues to grow and develop in breadth and diversity, the support of the Church will develop as well.

- MHA is fortunate to benefit from the dedication of over 5,000 volunteers who give their precious time to older people, helping MHA to offer an extra special, person-centred service.
- Many of our volunteers serve as MHA reps in the Churches, Circuits and Districts of Methodism, and we ask that their role is supported and recognised at Circuit Meetings and Synods.
- Charitable income is vital to the continuation of our work and every gift helps us to improve the quality of life for older people. Legacy donations make up the majority of our charitable income but we have also continued to benefit from an increase in regular, monthly giving by many of our supporters. Capital appeals seek to support our new developments and grant giving Trusts and numerous community events all play an invaluable role in enabling MHA to reach out to more older people.
- Methodist Homes Sunday in 2009 raised around £220,000, for which we offer grateful thanks. The date of MHA Sunday 2011 has been fixed for **Sunday 12th June**, although as always it can be moved to suit local circumstances.
- Another source of support from the church comes in the form of those who serve on our various Boards. Details of the appointments are contained in the resolution below. Mr Brian Coldwell has served as the Chair of MHA Care Group Board since 2002 and his term of office will therefore come to an end in 2011. The post will be advertised this autumn, both within the Church and beyond, and anyone who might be interested in being considered is encouraged to make enquiries through Board members or through MHA's Derby office.

4.3 The latest audited accounts are available on request from Head Office. The indications from the unaudited accounts for the financial year ended 31st March 2010 indicate that MHA's finances are in a most satisfactory position, which has enabled us to plan for the future with confidence.

5. Strategic Plan 2010–2013

5.1 The Boards of MHA adopted the strategic plan covering the next three years at meetings in January 2010. Our strategic principles emanate from our values and mission 'to improve the quality of life for older people, inspired by Christian concern'. Our values underpin all aspects of our work and ensure our service remains:

- founded on love, compassion and respect
- serving older people with a range of high quality care, accommodation and support services
- focussed on nurturing a person's spiritual and physical well-being.

5.2 Care Homes

- We will increase the number of care home places we offer by 10% over the next three years,

and improve the quality of some of our older buildings.

- We will also increase the number of places in care homes offering care for those with nursing and/or dementia care needs.
- We will upgrade those homes which do not have en-suite facilities to ensure all MHA homes are operating in buildings which we feel are suitable for the next ten years at least.
- We will maintain our aim to make daily living special and life-enhancing by developing new and varied approaches, music therapy and enhanced opportunities for personal interests and activities.
- We will use some of our homes as hubs for older people in the local community to receive day care, support services, advocacy and befriending and, where we have the opportunity, we will plan to provide some services which combine residential care home places and apartments, providing a range of options to give residents choice.

5.3 Housing and Care

- We will increase the number of housing and care places we offer by 30% and continue to convert some of our sheltered housing services so that they can provide care and more support.
- We will explore ways of developing the service offered in those schemes which cannot be converted to housing with care. Plans could range from:
 - Investment and new income streams
 - Sale to another Housing Association
 - Sale to residents (current or future)
 - Cooperative or co-housing
 - Closure

We need to find the right outcome for each scheme. The sheltered housing service may be developed by adding to the services offered to tenants – cleaning, shopping, catering. We may find increasing dependency levels in our sheltered housing and offering additional services will enhance our ability to provide for existing and new tenants.

- We believe that housing with care is an attractive model for older people, providing independent living accommodation with access to personal care, catering and other support services. In developing new services we will explore a variety of approaches, either privately or with partners.
- We will look to use some of our housing with care as a hub for older people in the local community to receive day care, home care, advocacy, befriending and other support services.

5.4 Community Services

- Live at Home is a longstanding MHA service, enabling older people to live independently at home for longer. Live at Home currently serves 8,000 older people and MHA provides charitable income to underpin the service by approximately £800,000 per annum. We plan to increase our services by:
 - expanding existing Live at Home schemes
 - creating new Live at Home schemes
 - developing Live at Home style services from our care homes and housing schemes.
- We will take some key components of Live at Home – membership, regular newsletters, social activities, befriending – and develop these around at least six care homes and six housing schemes. Day care will be offered, with opportunities for a meal, bath and social activities.
- We will aim to deliver a domiciliary care service effectively and efficiently to older people living within a travelable distance from our existing services.

5.5 Retirement Communities

- We will continue a programme of development at MHA Auchloch to both complete existing

building works and upgrade the current services within the care homes and to those living independently.

- In looking to develop further retirement communities we are unlikely to proceed without forming a partnership with a developer able and willing to take the bulk of the capital and sales risk.

***RESOLUTION

37/1. The Conference received the General Report of Methodist Homes for the Aged.

B. CHURCH APPOINTMENTS TO THE BOARDS OF MHA

***RESOLUTION

37/2. The Conference:

- a) appointed as shareholders of Methodist Homes for the Aged and members of its Board:

Mr Mike Bamford

Worked as MAYC Director of Breakout for the Methodist Church. Previous to that he has 14 years experience with Yorkshire Electricity Board as Business and Commercial Manager in the Electrical Contracting Division. This was followed by a spell at Powerminster Ltd as Commercial Director. He is a past member of the Methodist Council and of its Strategy and Resources Committee. He is a member of Eldwick Methodist Church. He is currently The Chairman of the Yorkshire District Rotary Foundation Committee, and Secretary of Bingley Airedale Rotary Club. His interests include Himalayan trekking, public speaking and Amateur Theatre.

Professor Malcolm Johnson

Malcolm was a Professor of Health and Social Policy at the University of Bristol until 2002 and was previously Professor of Health and Social Welfare for the Open University. He is currently Visiting Professor of Gerontology and End of Life Care at the University of Bath and Senior Research Fellow. He is an academic social gerontologist with considerable knowledge of ageing and old age and has published widely on many aspects of ageing and lifespan. He has special interest in the long term care of older people, end of life issues and ageing and spirituality. He has been a senior manager in universities for over 20 years and has experience as a non-executive director of a care provider and extensive involvement with voluntary agencies.

Malcolm has served the United Reformed Church nationally and locally for many years, including six years as Convener for Church and Society. Since 2007 he has been Convenor for Education and Learning and a member of URC Mission Council.

Miss Moira Simpson

Moira is a qualified accountant and worked for Walsall Metropolitan Borough Council for 13 years as Audit Manager up until 2002 when she took retirement. Her previous roles were Company Secretary/accountant. Moira is the District Treasurer for the Wolverhampton and Shrewsbury District and sits on the Connexional Grants Committee

for the Methodist Church. Locally she is the Church Council Secretary at St John's Methodist Church in Bloxwich, Walsall.

- b) re-appointed as shareholders of Methodist Homes for the Aged and members of its Board:**

Mr Keith Salsbury (Chair)

- c) noted the retirement from Methodist Homes for the Aged of Mrs Nwabueze Nwokolo and expresses gratitude for her distinguished service to the Board;**

- d) re-appointed as shareholders of Methodist Homes Housing Association and members of its Board:**

Mrs Shelagh Morgan (Chair)

Revd Dr Betty Bell